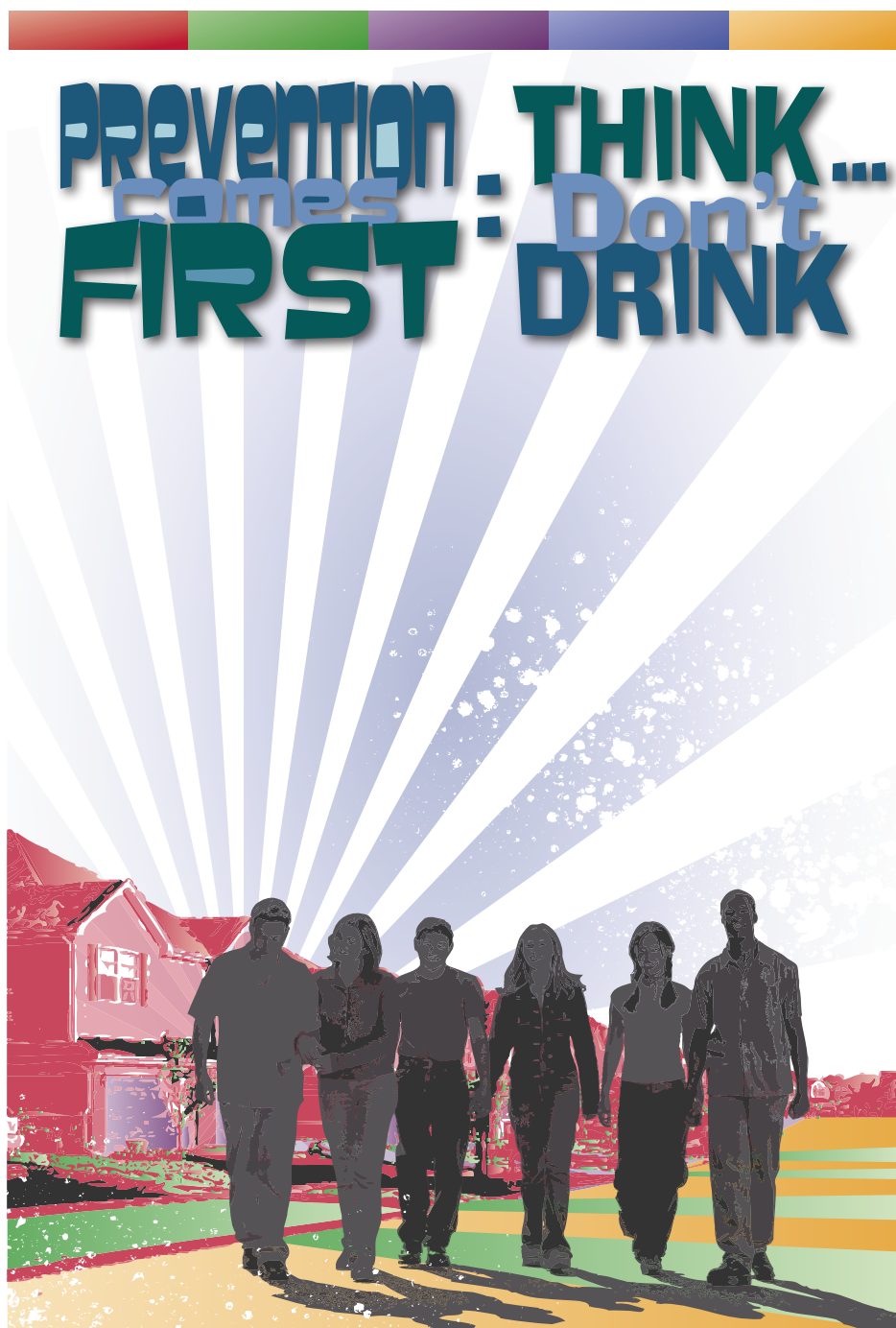


# Parent Guide to Preventing Underage Drinking



Commonwealth of Virginia



## GOSAP



The Governor's Office for Substance Abuse Prevention (GOSAP) is authorized under §2.2-118, *Code of Virginia*, enacted by the 2000 Virginia General Assembly. Responsibilities of GOSAP are "to assist in the coordination of substance abuse prevention activities of the Commonwealth, review substance abuse prevention expenditures by agencies of the Commonwealth, and determine the direction and appropriateness of such expenditures." GOSAP administers the Governor's Safe and Drug-Free Schools and Communities grants as well as the Governor's Youth Community Service and Civic Engagement Mini-grants.

## GOSAP Collaborative

Organized by GOSAP in 2002, the GOSAP Collaborative (the Collaborative) serves as the primary vehicle for prevention system planning and collaborative decision-making at the state level. Membership is composed of key leadership representatives from 13 agencies and organizations that share responsibility for prevention throughout the Commonwealth. Recognizing the Collaborative's significant accomplishments, Governor Timothy M. Kaine formally established the Collaborative in Executive Directive 4 (2006) and granted the Collaborative powers and duties in three areas: 1) collaboration to enhance capacity, improve efficiency and produce results; 2) infrastructure to sustain and integrate prevention practice; and 3) data to target resources and monitor results. The Director of GOSAP chairs the Collaborative and all agencies in the Commonwealth are charged with cooperating with the Collaborative and providing information, data, and other support requested.



## Prevention Comes First



The Governor's *Prevention Comes First* initiative includes a variety of efforts to promote positive development of Virginia's youth by addressing risks and protective factors that lead to youth gang recruitment and activity, substance abuse, delinquency, violence, school drop-out, and related adolescent problem behaviors. It coordinates the prevention activities of law enforcement, educators, state and local prevention professionals, and families throughout the Commonwealth.



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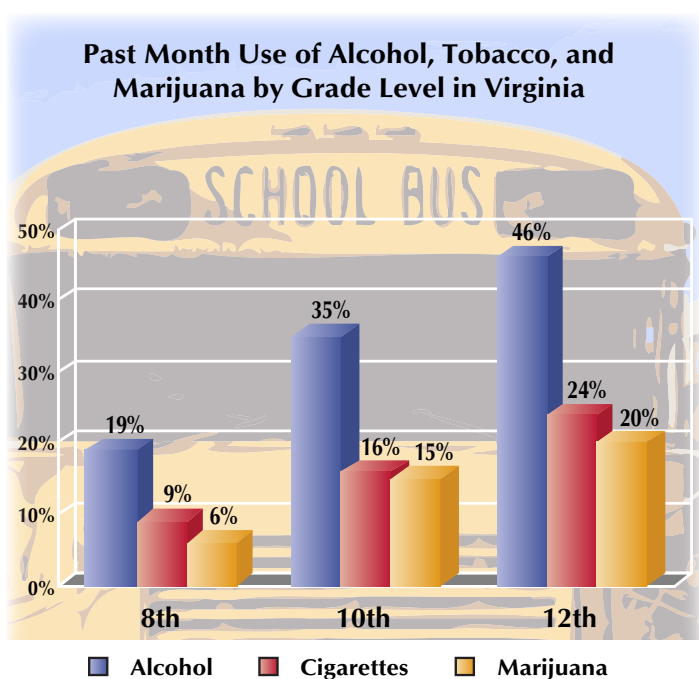
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# UNDERAGE DRINKING IS A SERIOUS THREAT TO THE HEALTH AND SAFETY OF VIRGINIA'S YOUNG PEOPLE.

- ✓ 45.8% of Virginia's 12th graders used alcohol in the past 30 days; 25.9% report having five or more drinks in a row, one or more times in the last two weeks.<sup>1</sup>
- ✓ Among Virginia's 12 to 20 year olds for whom drinking alcohol is illegal, 28% consume alcohol and 19% binge drink.<sup>2</sup>
- ✓ In any month, more young people in Virginia are drinking than are smoking cigarettes or using marijuana.<sup>3</sup>



## DRINKING ALCOHOL CAN HARM THE GROWING BODY AND BRAIN. IT'S DANGEROUS, TOO!

- ✓ Underage drinking is a major cause of death from injuries among young people—from vehicle crashes, homicides, suicide, as well as falls, burns, and drowning.
- ✓ Underage drinking increases the risk of committing or being the victim of a physical or sexual assault.<sup>4</sup>
- ✓ Underage drinking plays a role in risky sexual activity.<sup>4</sup>
- ✓ Each year, 9.4% of youth aged 12 to 20 meet the diagnostic criteria for having an alcohol use disorder.<sup>5</sup>

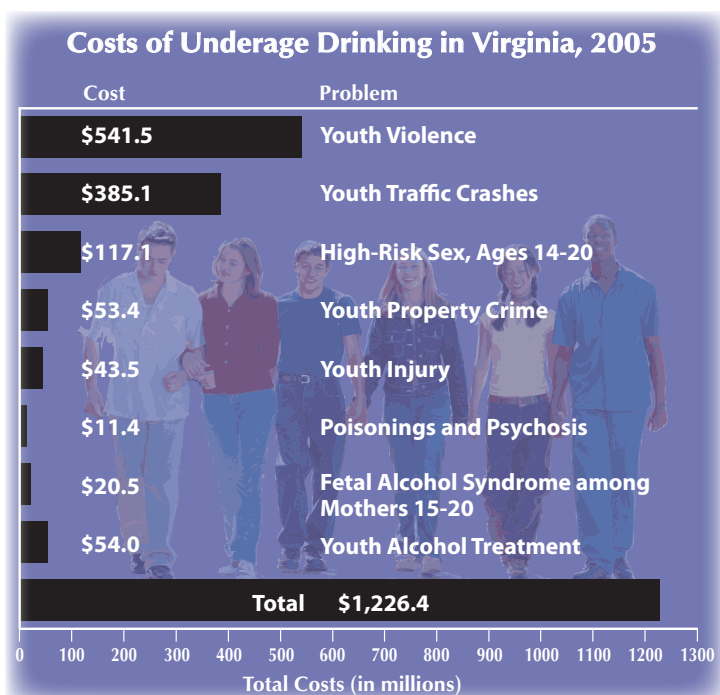
According to the Pacific Institute for Research and Evaluation (PIRE), underage drinking is involved in—

- ✓ 24% of fatal motor vehicle crashes
- ✓ 8% of non-fatal motor vehicle crashes
- ✓ 30% of fatal drownings
- ✓ 30% of fatal burns
- ✓ 41% of homicides
- ✓ 43% of sexual assaults
- ✓ 37% of other assaults
- ✓ 9% of suicides
- ✓ 20% of risky sex behavior
- ✓ 24% of property crimes

*Source: Miller, TR, Levy, DT, Spicer, RS, & Taylor, DM. (2006) Societal costs of underage drinking Journal of Studies on Alcohol, 67(4) 519-528.*

## AND EXPENSIVE!

- ✓ Underage drinking cost the citizens of Virginia \$1.2 billion in 2005. These costs included medical care, work loss, and pain and suffering associated with the multiple problems resulting from the use of alcohol by youth.<sup>6</sup>
- ✓ This translates into a cost of \$1,706 per year for each youth in the Commonwealth!<sup>7</sup>



*Source: National Underage Drinking Enforcement Center, accessed April 17, 2008 from [www.udec.org/UnderageDrinkingCosts.asp](http://www.udec.org/UnderageDrinkingCosts.asp)*



## PREVENTING UNDERAGE DRINKING IS CHALLENGING!

- ✓ Underage alcohol use is a serious problem with deep roots in our culture.
- ✓ Many people are unaware of the health and safety risks and think that underage drinking is a “rite of passage”. Tragically, many young people don’t survive this rite.
- ✓ Alcohol use by young people often is made possible by adults. A recent survey revealed that 40% of underage drinkers are provided free alcohol by adults!
- ✓ Amazingly, the study found that one in 16 underage drinkers (6.4 percent or 650,000) was given alcoholic beverages by their parents or guardians in the past month!
- ✓ Alcohol may hold a special appeal for young people. The teen years can be a time of risk-taking and alcohol is a risk many take.

*“All of those things that you absolutely would not wish on your child come from underage alcohol use.”*

Michele Compton

## MEETING THE CHALLENGE OF UNDERAGE DRINKING

The greatest influence on young people’s decision to begin drinking is the world in which they live—their families, their friends, their schools, and their communities. The broader social culture where alcohol is so effectively marketed can also influence their decisions.

Preventing underage drinking requires everyone to deliver the message that underage drinking is not okay.

The message should be the same whether youth hear it at school, at home, at places of worship, on the sports field, in youth programs, or in places young people gather.



# START TALKING BEFORE THEY START DRINKING

The message that it's NOT OKAY for them to drink needs to start before they start thinking about drinking.

There are six actions you can take today to help keep your child alcohol free.

## 1

### TALK EARLY AND OFTEN WITH YOUR CHILD

- ✓ Establish and maintain an open line of communication.
- ✓ Get into the habit of talking with your child every day. This will make it easier for you to have conversations about serious subjects when necessary.

See *Talk with Your Child* articles at  
[www.family.samhsa.gov/talk](http://www.family.samhsa.gov/talk)

## 2

### GET INVOLVED

- ✓ Talking with your child about his or her activities opens up an opportunity for you to share your interests and values.
- ✓ Young people are much less likely to have mental health and substance abuse problems when they participate in positive activities and when caring adults are involved in their lives.

Learn about strategies in *Get Involved* articles at  
[www.family.samhsa.gov/get](http://www.family.samhsa.gov/get)

## 3

### BE A ROLE MODEL

- ✓ Think about what you say and how you act in front of your child. Your actions are the most powerful indicators to your children of what is appropriate and acceptable in your family.
- ✓ Do not take part in illegal, unhealthy, or dangerous practices related to alcohol, tobacco, or drugs or your child may believe that these practices are OK no matter what you say.

See *Tips on Being a Good Role Model* at  
[www.family.samhsa.gov/be](http://www.family.samhsa.gov/be)



## 4 TEACH KIDS TO CHOOSE FRIENDS WISELY

- ✓ Teach your child how to form positive relationships.
- ✓ Help your child understand what qualities to look for in a friend.

Learn more from *Teach Kids to Choose Friends Wisely* series of articles at [www.family.samhsa.gov/teach](http://www.family.samhsa.gov/teach)

## 5 MONITOR YOUR CHILD'S ACTIVITIES

- ✓ Know where your children are and get acquainted with their friends.
- ✓ Limit the amount of time your children spend without an adult being present. Unsupervised children have more opportunities to experiment with risky behaviors, including the use of alcohol, tobacco, and illegal drugs, and they may start substance abuse at earlier ages.

See *Monitor Your Child's Activities* at [www.family.samhsa.gov/monitor](http://www.family.samhsa.gov/monitor)

## 6 SET RULES

- ✓ Make clear, sensible rules for your child and enforce them with consistency and appropriate consequences.
- ✓ Following these rules can help protect your child's physical safety and mental well-being, which can lower his or her risk for substance abuse problems.

### Start Talking Before They Start Drinking: A Family Guide

Written for parents, this Guide tells you what you need to know, say, and do, plus activities to use in communicating with your child and setting family rules.



Copies of this free publication are available from the SAMHSA's National Clearinghouse for Alcohol and Drug Information. Call 1-800-729-6686 or write to P.O. Box 2345 Rockville, MD 20847-2345.



# ALCOHOL USE IS NOT INEVITABLE! WHAT PARENTS CAN DO.

**The Surgeon General recommends that families—**

## **Support teens and give them space to grow.**

- ✓ Be involved in your teens' lives. Be loving and caring.
- ✓ Encourage your teens' growing independence, but set appropriate limits.
- ✓ Make it easy for your teens to share information about their lives.
- ✓ Know where your teens are, what they're doing, who they're with, and who their friends are.
- ✓ Find ways for your teens to be involved in family life, such as doing chores or caring for a younger brother or sister.
- ✓ Set clear rules, including rules about alcohol use. Enforce the rules you set.

## **Talk with teens about alcohol use.**

- ✓ When you talk with your teens about drinking, listen to them and respect what they say.
- ✓ Make clear your expectation that your teens will not drink.
- ✓ Teach your teens about the dangers of underage drinking.
- ✓ Discuss laws about underage drinking, including the age 21 law. *See a summary of Virginia alcohol laws on page 9.*

## **Help teens make good decisions about alcohol.**

- ✓ Help your teens know how to resist alcohol.
- ✓ Help them find ways to have fun without alcohol.
- ✓ Do not give alcohol to your teens. Tell them that any alcohol in your home is off limits to them and to their friends.
- ✓ Don't let your teens attend parties where alcohol is served. Make sure alcohol isn't available at teen parties in your own home.
- ✓ Set clear rules about not drinking and enforce them consistently.
- ✓ Help your teens avoid dangerous situations such as riding in a car driven by someone who has been drinking.
- ✓ Help your teens get professional help if you're worried about their involvement with alcohol.

## RESOURCES AVAILABLE FROM THE VIRGINIA DEPARTMENT OF ALCOHOL BEVERAGE CONTROL

### Parental Guide to Hosting Responsible Teen Parties

[www.abc.state.va.us/Education/resources/ParentsGuide.pdf](http://www.abc.state.va.us/Education/resources/ParentsGuide.pdf)



This guide provides up-to-date information and resources every parent should know before hosting a teen party or sending a teen to a party.

### Virginia Alcohol Laws and Parental Responsibility Brochure

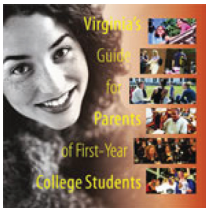
[www.abc.state.va.us/Education/parent2/Parent.pdf](http://www.abc.state.va.us/Education/parent2/Parent.pdf)



This brochure contains information about what parents can do, tips for hosting an alcohol-free party, and Virginia state laws pertaining to teenagers. Available in English and Spanish.

### Virginia's Guide for Parents of First Year College Students

[www.abc.state.va.us/Education/parents/AGuideforParents.html](http://www.abc.state.va.us/Education/parents/AGuideforParents.html)



Entering college is an exciting time! This guide assists parents in talking with their student about making responsible choices and avoiding risky behavior that can cause academic, legal, and personal problems.

*In the Commonwealth of Virginia, all ABC resources are free and may also be ordered in bulk using an order form available online at [www.abc.virginia.gov/Education](http://www.abc.virginia.gov/Education)*

*For more information, please call the Education section at (804) 213-4688 or e-mail [education@abc.virginia.gov](mailto:education@abc.virginia.gov)*

### Be aware of factors that may increase the risk of teen alcohol use.

- ✓ Significant social transitions such as graduating to middle or high school, or getting a driver's license.
- ✓ A history of conduct problems.
- ✓ Depression and other serious emotional problems.
- ✓ A family history of alcoholism.
- ✓ Contact with peers involved in law breaking activities.



### **Be a positive adult role model.**

- ✓ If you choose to drink alcohol, do so drink responsibly by not drinking too much or too often.
- ✓ Stay away from alcohol in high-risk situations. For example, don't drive or go boating when you've been drinking.
- ✓ Seek help if you think you have an alcohol-related problem.

***Parental disapproval is the key reason children who do not drink give for their decision to avoid alcohol.***

### **Work with others.**

No matter how close you and your teens are, it may not be enough to prevent them from drinking.

It's important to reach out to schools, communities, and government. You can help protect teens from underage alcohol use by working to see to it that—

- ✓ Schools and the community support and reward young people's decisions not to drink.
- ✓ Rules about underage drinking are in place at home, school, and in your community.
- ✓ Penalties for breaking the rules are well known and rules are enforced the same way for everyone.
- ✓ All laws about underage alcohol use are well-known and enforced.
- ✓ Parties and social events at home and elsewhere don't permit underage drinking.

To find out about what others are doing about underage drinking, see the *Resources list beginning on page 18*.



# VIRGINIA ALCOHOL LAWS

All states and the District of Columbia have laws making 21 the minimum age to purchase or consume alcohol. Virginia's zero tolerance law makes driving under the influence of any amount of alcohol or drugs a serious criminal offense for those under the age of 21.

It is illegal for any person to purchase alcoholic beverages for someone who is less than 21 years of age. If convicted, the court may order up to 12 months of jail time and/or fines of up to \$2,500.

Young adults (ages 18–20) who purchase, possess or drink alcohol, upon conviction, may lose their privilege to drive for not less than six months (and up to one year maximum). They face a mandatory minimum fine of \$500 or must perform a mandatory minimum of 50 hours of community service.

Using a fake ID to buy alcohol means that in addition to the penalties listed above for possession of alcohol, anyone convicted will lose their privilege to drive for not less than 30 days (and up to one year maximum).

A motor vehicle operator, age 20 or younger, with a blood or breath alcohol level between .02 and .07 could lose his or her privilege to drive for up to one year and incur fines starting at a mandatory minimum of \$500 or be required to perform 50 hours community service.

Anyone (adult or minor) possessing or consuming alcohol on public school property may face up to \$1,000 in fines and spend up to six months in jail.

Parental notification has been part of the law since 1998. Congress gave colleges and universities the option to disclose alcohol or substance violations to parents. The law permits but does not require schools to notify parents any time a student under age 21 violates drug or alcohol laws.

# PARENTAL RESPONSIBILITY AND VIRGINIA LAW

Some parents provide alcohol to minors at parties or fail to see the truth that alcohol use occurs. If you are a parent who is thinking about providing or allowing alcohol at a party in your home (or elsewhere), you need to know the laws.

Parents may be held responsible if someone, as a result of alcohol use:

- ✓ Gets into a fight and hurts someone.
- ✓ Falls and hurts themselves or someone else.
- ✓ Sexually assaults someone.
- ✓ Damages property.
- ✓ Dies from drinking too much.
- ✓ Injures or kills someone while driving after leaving the party.

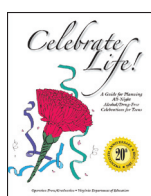
You have a **civil liability** (you can be sued) to pay damages if either a partygoer or a third person is injured. Virginia law recognizes your liability for negligence if you provided alcohol to a minor who causes injury to another or to him/herself. You may also face **criminal charges** of contributing to the delinquency of a minor.

## **Purchasing, aiding and abetting or giving alcohol to minors is against the law.**

Even if the above negative situations do not occur, you may face legal charges for providing or allowing alcohol to be used by minors in your home. For example, it is against state law to allow underage persons to possess or consume alcohol. This is a Class 1 misdemeanor and is punishable by up to one year in jail and/or a \$2,500 fine.

## **What Parents Can Do**

- ✓ Start or participate in a Parent Pledge Program
- ✓ Support community and/or school-sponsored after-prom or graduation celebrations



The Virginia Department of Education and local parent groups sponsor Operation Prom/Graduation Celebration workshops to train parents and others in how to hold alcohol/drug-free celebrations for teens. The 9th edition of *Celebrate Life! A Guide for Planning All-Night Alcohol/Drug-Free Celebrations* is available for download at [www.doe.virginia.gov/VDOE/studentsrvcs/celebrate\\_life.pdf](http://www.doe.virginia.gov/VDOE/studentsrvcs/celebrate_life.pdf)



# ALCOHOL MYTHS

**MYTH** I can drink and still be in control.

**FACT** Drinking impairs a person's judgment, which increases the likelihood that they will do something they will later regret such as having sex, being involved in a date rape, damaging property, or being victimized by others.

**MYTH** Drinking isn't all that dangerous.

**FACT** One in three 18-to-24 year-olds admitted to emergency rooms for serious injuries is intoxicated. And alcohol is also associated with homicides, suicides, and drownings.

**MYTH** I can sober up quickly if I have to.

**FACT** It takes about three hours to eliminate the alcohol content of two alcoholic beverages, depending on a person's weight. Nothing can speed up this process-not even coffee or cold showers.

**MYTH** I can manage to drive well enough after a few drinks.

**FACT** About one-half of all fatal traffic crashes among 18- to 24- year-olds involve alcohol. If you are under 21, driving after drinking any alcohol is illegal and you could lose your license. The risk of a fatal crash for drivers with positive Blood Alcohol Content (BAC) compared with other drivers increases with increasing BAC, and the risks increase more steeply for drivers younger than age 21 than for older drivers.

**MYTH** I'd be better off if I learn to "hold my liquor."

**FACT** If someone has to drink increasingly larger amounts of alcohol to get a "buzz" or get "high," they are developing tolerance. Tolerance is actually a warning sign that they are developing more serious problems with alcohol.

**MYTH** Beer doesn't have as much alcohol as hard liquor.

**FACT** A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or five ounces of wine.

*Source: National Institute on Alcohol and Alcoholism*



# SAMPLE FAMILY ALCOHOL CONTRACT

## FAMILY CONTRACT

**WE AGREE** on the importance of trust and honesty between us. We understand the need to abstain from unhealthy behaviors such as underage drinking. We also agree to the consequences associated with any failure to fulfill our responsibilities. Together, we can work to ensure a safe future by following the agreement made between

---

[Parents]

---

[Youth]

**1. WE AGREE** on the following rules:

- ✓ Young people will not drink alcohol until age 21.
- ✓ Young people will not stay at parties where alcohol is being served.
- ✓ Young people will not ride in a car with a driver who has been drinking.
- ✓ Young people will call a parent for a ride if they or the driver of the car has been drinking.
- ✓ Parents agree to pick up youth at any time and will not discuss the event until the following morning.
- ✓ Young people will not allow their guests to bring alcohol into the house. No one is to make alcohol available to anyone under age 21.
- ✓ Older brothers and sisters will not encourage younger siblings to drink and will not give them alcohol. Siblings will not take alcohol from anyone.

**2. WE AGREE** that all discussions will promote mutual respect. Even if we don't agree, we will use our normal voice level, and our voice tone and language will show respect. We will keep communication channels open.

**3. WE AGREE** that failure to abide by these rules will result in consequences that will be decided jointly by all of us.

**4. WE AGREE** on the importance of responsible behaviors. Therefore, we agree to jointly establish priorities for healthy behaviors and choices. Parents and youth will agree on the type of support parents will give youth participating in fun, interesting, and healthy activities.

---

The Parents

---

The Child

---

Date

Adapted from Family Contract in SAMHSA's *Family Guide to Keeping Youth Mentally Healthy and Drug Free*.





## ABOUT PARENT PLEDGE PROGRAMS

In Safe Homes, a long-running program to prevent underage drinking, parents sign a pledge to follow simple principles that provide a safer environment for their children.

Safe Homes recognizes that parents and kids need support to resist peer pressure to drink. The pledge is a one-year commitment, renewed annually. Parents agree to:

- ✓ Provide adult supervision for all children visiting their homes.
- ✓ Provide a secure storage place for all forms of alcohol in their homes.
- ✓ Not allow parties or gatherings in their homes when they are not there.
- ✓ Not allow children to drink alcohol in their homes.
- ✓ Talk with any Safe Homes parent of a child they personally observe using alcohol or drugs.

For more information, contact Safe Homes, Informed Families Education Center at <http://informedfamilies.org>



## SAMPLE PARENT PLEDGE

Signing of the pledge indicates your commitment to an alcohol-free environment for youth.

Parents communicating with one another is an important aspect of the pledge. Parents who sign the pledge are committing to communicate with other parents, relating to youth's social gatherings.

**WE WILL** provide responsible adult supervision for all students visiting our home.

**WE WILL** provide a secure storage place for all forms of alcohol and medications in our home.

**WE WILL** not allow parties or gatherings in our homes when we are not there.

**WE WILL** not allow youth under the age of 21, to drink alcohol in our home.

**WE WILL** talk to any parent of a student we personally observe as being under the influence of alcohol or drugs.

**WE WILL** foster a school culture of guidance and support as opposed to judgment and condemnation.

---

Parent/Guardian Signature(s)

Print name(s) \_\_\_\_\_

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Student's Name \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Student's Name \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

*Please feel confident that this information will only be used for the Parent Pledge database and will not be given or shared with any other programs, agencies, organizations, etc.*

*Adapted from the Parent to Parent Handbook available from SAMHSA's Southwest Center for the Application of Prevention Technologies. Online at: <http://captus.samhsa.gov/southwest/RegGrantees/documents/ParenttoParentPledgeHandbook-2006.doc>*

# TIPS FOR HOSTING AN ALCOHOL-FREE PARTY

*Discuss your expectations and rules with your teen and include him/her in the planning.*

- 1 No drugs or alcohol.
- 2 Lights must be left on.
- 3 Some rooms of the house are off limits.
- 4 Limit the number of people invited to the number your home can comfortably accommodate—no open invitations.
- 5 Notify parents of guests about the starting and ending times and the party's location.
- 6 Avoid serving punch or soft drinks in cups because they are easily tampered with. Serve soft drinks in cans or bottles.
- 7 Ask another parent to help chaperone, if needed.
- 8 When a guest leaves, do not allow him or her to return.
- 9 If you suspect that a guest has used alcohol or other drugs, contact his or her parents immediately.
- 10 Make your presence known. Try to avoid retiring to another part of the house. Walk through the party area frequently. Should someone come who is not invited, ask him or her to leave immediately. If you have a problem with uninvited guests, call the police.

*Source: Virginia Department of Alcohol Beverage Control.*

## ***A Guide to Safe & Sober Event Planning***

National Highway Traffic Safety Administration

A Guide designed to help youth (and their parents) plan an amazing parties all year long—without alcohol. Available online at: [www.nhtsa.dot.gov/people/injury/alcohol/PartiesRock/section1-3.html](http://www.nhtsa.dot.gov/people/injury/alcohol/PartiesRock/section1-3.html)





## WARNING SIGNS OF PROBLEM DRINKING

Although the following signs may indicate a problem with alcohol or other drugs, some also reflect normal teenage growing pains. A drinking problem is more likely if you notice several signs at the same time, if they occur suddenly, and if some are extreme in nature.

- ✓ Mood changes: flare-ups of temper, irritability, and defensiveness.
- ✓ School problems: poor attendance, low grades, and/or recent disciplinary action.
- ✓ Rebelling against family rules.
- ✓ Switching friends, along with a reluctance to have you get to know the new friends.
- ✓ A “nothing matters” attitude: sloppy appearance, a lack of involvement in former interests, and general low energy.
- ✓ Finding alcohol in your child’s room or backpack, or smelling alcohol on his or her breath.
- ✓ Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech.

If you suspect your child may have a problem, contact your physician or the Community Services Board/Behavioral Health Authority that serves your locality.

[www.vacsb.org/ourpeople\\_1.asp](http://www.vacsb.org/ourpeople_1.asp)

Source: ***Make a Difference: Talk to Your Child about Alcohol.*** National Institute on Alcohol and Alcoholism



## RESOURCES FOR PARENTS

Parents play a crucial role in discouraging their children from beginning to use alcohol. The resources below will help you learn more and work with others to deliver the message that underage drinking is NOT OKAY.

### **StopAlcoholAbuse.gov**

**Substance Abuse and Mental Health Human Services  
Administration (SAMHSA)**

<http://family.samhsa.gov>

A public education Web site, developed to support the efforts of parents and other caring adults to promote mental health and prevent the use of alcohol, tobacco, and illegal drugs among 7- to 18-year-olds.

### **SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI)**

[www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov) or 1-800-729-6686

NCADI is SAMHSA's one-stop resource for information about substance abuse prevention and addiction treatment.

### **The Anti-Drug**

[www.theantidrug.com](http://www.theantidrug.com)

TheAntiDrug.com serves as a drug prevention information center and supportive community for parents to interact and learn from each other.

### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

NIAAA provides leadership in the national effort to reduce alcohol-related problems by conducting and supporting research; coordinating and collaborating with other research institutes and Federal Programs; and translating and disseminating research findings to health care providers, researchers, policymakers, and the public on alcohol-related issues

## SITES FOR KIDS

[www.freevibe.com](http://www.freevibe.com)

[www.nacoa.org](http://www.nacoa.org)

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

[www.thecoolspot.gov](http://www.thecoolspot.gov)



# VIRGINIA RESOURCES

## **Governor's Office for Substance Abuse Prevention (GOSAP)**

[www.gosap.virginia.gov](http://www.gosap.virginia.gov)

GOSAP coordinates substance abuse prevention activities in Virginia through the GOSAP Collaborative that includes 13 state agencies that have responsibility for prevention. The GOSAP Web site serves as a clearinghouse for substance abuse prevention information in Virginia.

## **Virginia Department of Alcohol Beverage Control (ABC)**

[www.abc.virginia.gov/Education](http://www.abc.virginia.gov/Education)

**The ABC's Education Section** promotes responsible consumption and distribution by licensees of alcoholic beverages to those of age and zero tolerance for underage consumption through the use of prevention initiatives that focus on environmental, educational and information dissemination strategies. ABC offers training, a speakers bureau, and numerous informational resources for parents.

## **Virginia Department of Education (VDOE)**

[www.safeanddrugfreeva.org](http://www.safeanddrugfreeva.org)

The DOE sponsors Virginia's Safe Schools Information Resource (SSIR), a Web-based resource that provides user-friendly access to information about crimes and other problem conduct in schools, including alcohol possession and use at school and school-sponsored events. The SSIR can be accessed at: <https://p1pe.doe.virginia.gov/pti/>

The DOE's Safe and Drug-Free Schools Program works with local parent groups to sponsor one-day Operation Prom/Graduation Celebration workshops to train parents and others in how to hold alcohol/drug-free celebrations for teens. The 9<sup>th</sup> edition of *Celebrate Life! A Guide for Planning All-Night Alcohol/Drug-Free Celebrations* is available for download at [www.safeanddrugfreeva.org/](http://www.safeanddrugfreeva.org/)

## **Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services (DMHMRSAS)**

[www.dmhmrzas.virginia.gov/OSAS-PreventionDefault.htm](http://www.dmhmrzas.virginia.gov/OSAS-PreventionDefault.htm)

Virginia's public mental health, intellectual disability and substance abuse services system is comprised of 40 locally-run community services boards (CSBs) and 16 state-operated facilities. The 40 CSBs or Behavioral Health Authorities provide prevention services, coordinating or participating in community prevention planning coalitions.

## **Virginia Department of Social Services (DSS)**

[www.dss.virginia.gov](http://www.dss.virginia.gov)

The summer 2008 issue of the *Virginia Child Protection Newsletter* features Underage Drinking and is available online at <http://psychweb.cisat.jmu.edu/graysojh>



### **Mothers Against Drunk Driving (MADD)—Virginia**

[www.maddva.org](http://www.maddva.org)

MADD works to prevent drunk driving, offer advocacy to the victims of this violent crime and prevent underage drinking. MADD maintains a list of state-by-state alcohol-related laws as well as a section for the under 21-age group that includes facts, statistics, and myths about drinking.

### **Washington Area Alcohol Program (WRAP)**

[www.wrap.org](http://www.wrap.org)

WRAP is a public-private coalition formed to fight drunk driving, drugged driving and underage drinking in the Washington-metropolitan area. WRAP uses public education, innovative health education programs and advocacy. Resources available on the WRAP Web site include the *2008 School Resource Guide to Preventing Underage Drinking* and *Ten Teen Tips for a Safe Summer*.

## **REFERENCES**

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- <sup>3</sup> Virginia Community Youth Survey, 2005.
- <sup>4</sup> *Surgeon General's Call to Action To Prevent and Reduce Underage Drinking: A Guide to Action for Families*, p. 5 Available online at [www.surgeongeneral.gov/topics/underagedrinking](http://www.surgeongeneral.gov/topics/underagedrinking) or [www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)
- <sup>5</sup> SAMHSA, Office of Applied Studies (2008). Underage Alcohol Use: Findings from the 2002-2006 National Surveys on Drug Use and Health. "Highlights" section. Online at <http://oas.samhsa.gov/underage2k8/toc.htm>
- <sup>6</sup> Source: National Underage Drinking Enforcement Center, accessed April 17, 2008 from [www.udec.org/UnderageDrinkingCosts.asp](http://www.udec.org/UnderageDrinkingCosts.asp)
- <sup>7</sup> *Underage Alcohol Use: Findings from the 2002-2006 National Surveys on Drug Use and Health*. The full report is available at from SAMHSA at <http://oas.samhsa.gov/underage2k8/toc.htm>

